

# James E. Pollowitz, LMFT LLC

---



2514 Boston Post Road, Suite 8C  
Guilford, Connecticut 06437  
United States

Phone: 860-539-4088

Incorporating a nurturing, friendly approach, I'm able to quickly join with clients. We'll explore relevant issues that generate negative symptoms. Through exploration of many roles in relationships, stuck patterns can be identified and positive changes can occur. Working with individuals, couples and families, I'll challenge you in a non judgmental, empathetic atmosphere. I'll actively work with you to discover changes that can positively impact your quality of life. My therapy style is interactive. I excite clients' imagination by incorporating their innate creative spirit. Using out of the box perspectives, new insight is possible to change destructive patterns. Anxiety, depression, grief, loss, anger management, relational issues, clinical issues in adoption including parenting skills and the LGBT community are treatment specialties. Together, we'll explore patterns that keep you from reaching your potential. Increased insight helps you to become more objective. Positive changes can help you define and reach new goals. Being an effective listener is crucial in my work. By looking at the many life roles and their contexts, I'll help you to gain new insight into what patterns work, and what needs to change. Using a holistic approach, I believe in building the creative spirit to improve the quality of life.

---

Specialization(s): LGBT Issues, depression, anxiety, grief & loss, anger  
management, adoption and parenting issues  
Rates: \$70 - \$150

[Website](#)

[Email](#)